

# FAITH AT HOME

A Parent Companion



## PERSONAL SIN & THE SECOND COMMANDMENT



### Lesson Overview:

Today we learned about sin. Personal sins are the sins we commit, versus original sin that we inherit at birth. We taught the children that the basic definition of sin is saying “no” to God and disobeying Him. The Ten Commandments help us to know what is sinful and show us our duties to God and others. We also presented the difference between mortal and venial sin. A mortal sin is a grave sin, called a deadly sin because it kills the life and grace of God in the soul. A venial sin is a less serious sin, which wounds the life of God in us but does not completely take it away. God gave us the Sacrament of Reconciliation to take away our sin. We must confess mortal sins to restore our relationship with God and to receive Communion, but it is also a good practice to confess venial sins.

We also learned about the second commandment: *You shall not take the name of the Lord, your God, in vain.* This commandment teaches us that God’s name is holy and should only be used to praise Him and speak well about Him. We should never use God’s name lightly, when we are angry, or to curse. We should also never lie when we must take an oath in God’s name, such as in court.



“Parable of the Wicked Servant”  
by Domenico Fetti  
Source: Wikimedia Commons

## SAINTS AMONG US

Reconciliation



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### REVIEW WITH YOUR CHILD

1. What is sin? **Saying no to God.**
2. What is a personal sin? **A sin we choose to commit.**
3. Which type of sin destroys the life of God in your soul? **Mortal.**
4. Under the second commandment, what kind of words should be use? **Kind and respectful words, avoiding cursing and using God's name without respect.**

### FAITH IN ACTION

We taught the children to substitute different words for God or Jesus' name when they are angry, such as "gosh" or "oh my goodness." It also is a good practice to say a little prayer if we slip and do use God's name in vain. We can say, "blessed be God," "praise the name of the Lord," or "Lord, have mercy." This can be done as a family to help hold each other accountable.

### AT HOME

1. Review the first and second commandments with your child. Discuss how you can follow them as a family.
2. Practice saying the Act of Contrition as a family.

#### Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because I have offended You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.



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